

Nutrient values and weights are for edible portion.

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	117	--	--	93	142	1.0	--	--	1	Calculated from nutrient label by NDL	--	03/2003
Iron, Fe	mg	0.34	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2003
Magnesium, Mg	mg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Phosphorus, P	mg	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Potassium, K	mg	157	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Sodium, Na	mg	61	--	--	56	66	1.0	--	--	1	Calculated from nutrient label by NDL	--	03/2003
Zinc, Zn	mg	0.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Copper, Cu	mg	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Manganese, Mn	mg	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Selenium, Se	µg	3.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2003
Thiamin	mg	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Riboflavin	mg	0.167	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

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Niacin	mg	0.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Pantothenic acid	mg	0.460	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin B-6	mg	0.045	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folate, total	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Folate, food	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	26.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin B-12	µg	0.39	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	182	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Retinol	µg	179	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, beta	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, alpha	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cryptoxanthin, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin A, IU	IU	653	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lutein + zeaxanthin	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E (alpha-tocopherol)	mg	0.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01211	03/2009
Vitamin D	IU	12	--	--	--	--	--	--	--	--	Calculated or imputed	01211	03/2009
Vitamin K (phylloquinone)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lipids													
Fatty acids, total saturated	g	10.329	--	--	10.28	10.38	1.0	--	--	1	Calculated from nutrient label by NDL	--	03/2003
4:0	g	0.491	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
6:0	g	0.290	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
8:0	g	0.169	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
10:0	g	0.380	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
12:0	g	0.425	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
14:0	g	1.526	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
16:0	g	4.168	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
17:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
18:0	g	1.899	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
20:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Fatty acids, total monounsaturated	g	4.460	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
16:1 undifferentiated	g	0.360	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:1 undifferentiated	g	4.098	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
20:1	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Fatty acids, total polyunsaturated	g	0.680	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:2 undifferentiated	g	0.437	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:3 undifferentiated	g	0.222	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
18:4	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
20:4 undifferentiated	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
20:5 n-3 (EPA)	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
22:6 n-3 (DHA)	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cholesterol	mg	92	--	--	70	113	1.0	--	--	1	Calculated from nutrient label by NDL	--	03/2003

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Threonine	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Isoleucine	g	0.182	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Leucine	g	0.298	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Lysine	g	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Methionine	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Cystine	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phenylalanine	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Tyrosine	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Valine	g	0.205	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Histidine	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Alanine	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glutamic acid	g	0.652	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glycine	g	0.147	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Proline	g	0.338	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Serine	g	0.171	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002